

Celebrity Buzz

Dancer denies Jackson is his biological father

pg 14



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Alberta sees fewer traffic deaths, injuries

STATS Traffic injuries and fatalities in Alberta reached the lowest levels in 2008 since 1995.

Deaths on the road have dropped 10.5 per cent from 2007 and injuries dropped 10.3 per cent, said Alberta Transportation.

However, driver error continues to be a factor in about 90 per cent of collisions.

Also, alcohol continues to be a dangerous factor, causing 22.5 per cent of fatalities.

Alberta Transportation reminds motorists that they play a key role in traffic safety, and is trying to raise awareness through its Traffic Safety Plan campaign.

For more on 2008 traffic collision statistics, go to transportation.alberta.ca/statistics.

METRO EDMONTON

Your Money pg 11



Budget before baby comes

World pg 5

U.S. reaches out to China

Entertainment pg 13



Incubus offers greatest hits

Italy



Making waves

Edmonton-born Annamay Pierse competes in the women's 100-metre breaststroke heats yesterday at the 2009 World Aquatic Championships in Rome, Italy. Pierse advanced by posting the fourth-best time and will compete for a medal in today's final.

Damaged refineries return to operation

Recovery at Imperial, Petro-Canada should ease gas shortage

A gasoline shortage looked set to ease yesterday as two Alberta refineries made progress returning to service after a severe storm forced them to shut down more than a week ago.

Petro-Canada said its 135,000-barrel-a-day Edmonton refinery returned to service after it repaired damage to its major gasoline production unit on the weekend.

The plant and Imperial Oil Ltd.'s 187,000-barrel-a-day Strathcona refinery were both knocked offline due to power outages in the storm, which hit Edmonton late on July 18.

"It takes time to return the unit back to safe service because it's a systematic and orderly approach that they take. But it is back into service and is producing product."

Sneh Seetal, Petro-Canada

It will take days before the unit at the Petro-Canada refinery, called a catalytic cracker, is pumping out fuel at capacity rates. Some of the company's retail outlets have run dry in recent days.

"It takes time to return the unit back to safe service because it's a systematic and orderly approach that they take. But it is

back into service and is producing product," spokeswoman Sneh Seetal said.

To make up for lost supply, the company has been shipping fuel into Alberta, largely by rail from its Montreal refinery, Seetal said. It has also been rationing gasoline shipments to its outlets and other customers.

Meanwhile, Imperial's Strathcona plant has returned to full service after a ramp-up process that took several days, company spokesman Jon Harding said.

With lightning, hail and winds topping 100 kilometres per hour, the storm downed hundreds of trees, damaged buildings and left thousands of residents without electricity in the Edmonton area.

The other refinery in the region, Royal Dutch Shell's 98,000-barrel-a-day Scotford plant, was said not to have suffered a power outage.

REUTERS

Ottawa bolstering claim to Arctic

NORTH Canada will wave the flag in the Arctic this summer with a show of force, a high-profile political visit and some undersea research it hopes will help lay claim to new areas of untapped oil and gas.

Ottawa's continuing focus on the Canadian North comes as other nations, notably Russia and Denmark, step up their own efforts to exercise northern sovereignty.

Canada and the United States today will discuss ambitious plans to jointly map vast sections of the Arctic seabed, a process that will help each nation's sovereignty claims in the region.

Next month, two icebreakers, one from each country, will begin their work in the western Arctic using sonar and seismic measurements to plumb and map the undersea depths.

The mapping work is considered essential to Canada's bid to extend its territorial stakes as it collects research information needed to back its claim, due by 2013, before an international commission.

Meanwhile, the final touches are being put on a major military exercise that gets underway in the region of Baffin Island next month.

Working on the scenario that an aerial drone from a foreign nation has crashed on a remote island, the exercise will involve CF-18 fighters, Aurora patrol aircraft, a frigate and submarine, as well as a regiment of soldiers.

Prime Minister Stephen Harper is expected to witness some of the mock military activity when he heads north for an Arctic tour.

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Look to the skies for history in action

A cold-era fighter jet will be setting its sights over Edmonton. The CF-86 Sabre V, known as Hawk One, will be flying over the city July 28 as part of a display for the Alberta Aviation Museum for Aviation Heritage Week. **METRO NEWS SERVICES**

3

Local



Watch out for road construction

Motorists can expect delays on Highway 36 starting on Aug. 3 as the highway's bridge over Iron Creek is replaced. The highway is about six-and-a-half kilometres south of Killam and will be only one lane with width restrictions of four metres. During construction, motorists will be instructed by temporary signs and traffic signals. The bridge is expected to be completed Oct. 15.

METRO EDMONTON

Local comic store honoured

Happy Harbor Comics shows well against international competition

GRAHAM MCCANN
for Metro Edmonton

Happy Harbor Comics is extra-happy being after being honoured among the world's best comic shops last week at the San Diego Comic-Con.

Happy Harbor finished fourth overall for the Will Eisner Spirit of Comics Retailer Award. The winner was Tate's Comics + Toys + Videos in Fort Lauderdale, Fla. Second was Comi-copia in Boston, and third was Comics & Vegetables in Tel Aviv, Israel.

The award started in 1993 and recognizes outstanding comic retailers around the world that support the medium within

the industry and the community.

"When I heard we were in the final four Thursday afternoon, I then bought a plane ticket and flew down (to San Diego) just in case," said Jay Bardyla, owner of Happy Harbor Comics.

This isn't the first time the store has been recognized, as it was nominated for the Spirit three times prior and won the 2007 Shuster Award for Canada's Best Comic Store.

"It's not just a matter of opening your doors and putting stuff on the shelf," Bardyla said. "We've worked very hard at presentation and displaying and format and having educated staff."

The store has made a lot



Jay Bardyla, owner of Happy Harbor Comics, a finalist for the Will Eisner Spirit of Comics Retailer Award at Comic-Con in San Diego over the weekend. There are four shops in Edmonton.

of contacts in the comic industry, and has had a lot of big names make appear-

ances at their store during events.

Happy Harbor also pro-

More information

- For more information, go to happyharborcomics.com and comic-con.org.

motes the comic culture by holding events and sessions in places such as schools, where passionate young artists can get information about how to go forward in the industry.

A retailer can only win the award once, but since Happy Harbor was in fourth, they can be nominated again next year for the fifth time.

An upcoming event for Happy Harbor is the release of the Archie and Veronica wedding issue on Aug. 18.

News in brief

CHARGED An 18-year-old Edmonton man was charged after an alleged stabbing death in Sherwood Park on Sunday. Justin Anthony Faltermeier is charged with first-degree murder in the death of 15-year-old Blaine Arthur McNally of Sherwood Park, police said. An autopsy is scheduled for today, and Faltermeier is expected to appear in Sherwood Park Provincial Court tomorrow at 9:30 a.m.

ARREST An intoxicated man who was Tasered after allegedly resisting arrest was left sitting in his cell with no recollection of ever being shocked. Police were called to 95th Street and 115th Avenue Sunday night to find an allegedly aggressive and drunk man. When the officers tried to subdue and arrest the man, police say he fought back, forcing the officers to use their Taser. The man was charged with resisting arrest and two counts of failing to comply with probation.

METRO EDMONTON

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WHAT'S ONLINE TODAY

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Video Canada will go to the WTO to protest the European Union's ban on seal products at metronews.ca/canada
Blogs Need a date for your dog? Looking for love with an inmate? Sexcetera has the right dating sites for you
Your Money Allan Small on the signs that the economy has finally turned the corner at metronews.ca/investing



Dancers get a chance to show they can strut



Edmonton dancers got a chance to learn a routine from Blake McGrath of So You Think You Can Dance Canada fame, yesterday at the Shaw Conference centre. It was a part of Coastal Dance Rage, which will be taking place until Thursday.

ANDREW TOWIE
for Metro Edmonton

DANCE Dozens of dancers are getting the chance to learn a little from some famous choreographers.

Coastal Dance Rage is in town for a four-day seminar, which brings well-known choreographers such as Blake McGrath from So You Think You Can Dance Canada to town to teach local dancers some tricks.

"We bring all the top choreographers from all around the world," said Shannon Mather, co-owner of Coastal Dance Range.

Mather, who has assisted

with choreography on So You Think You Can Dance Canada, said that by bringing in the top talent to teach the dancers, it would help refine a dance community she already considers to be blossoming.

"(My brother) and I always said there's so much talent and (if) we could bring over these amazing teachers, these kids would get better ... and get inspired, she said."

Mather added that the quality of dance in Canada is getting greater and greater, and their program helps bring some new ideas.

"There's a lot of incredible dancers here."



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Via Rail says its passenger rail service should be back to normal now after a two-day strike, offering discounts of 60 per cent on tickets to all destinations to woo back customers, CBC News Online reports. To take advantage of the discount, travellers must buy their tickets by tomorrow, and take their trips by Dec. 14. **METRO NEWS SERVICES**

Canada



Planes ending cross-country trek

A group of small planes has begun arriving in Sydney, N.S., ending a cross-Canada journey marking the 100th anniversary of powered flight, CBC News Online reports. The vintage and modern planes are part of Century Flight, which began in B.C. on July 17. They stopped in cities across the country as they headed east to Nova Scotia.

METRO NEWS SERVICES

Missing Quebec financier arrested over alleged fraud

CRIME Following weeks of worry and grief on the part of his alleged victims, Earl Jones's troubles are now about to begin.

The disgraced financial adviser, who had been missing for weeks and is suspected of defrauding dozens of investors out of millions of dollars, was finally arrested yesterday at the office of his lawyer, Jeffrey Boro.

Jones, an unregistered financial adviser on Montreal's west island for decades, will be arraigned

in court today, probably on charges of fraud or theft, according to those close to the case.

Tomorrow, he'll be subject of a court petition to declare his company bankrupt and divide the assets among his victims. He'll also be the focus of a demonstration in front of the Montreal courthouse demanding stiffer penalties for those who commit financial fraud.

The arrest took place during an arranged meeting.

TORSTAR NEWS SERVICE

Canada appealing EU ban on seal products

Canada is admitting it has lost the "PR battle" as it turns to an international trade panel in a bid to overturn a European Union decision to ban Canadian seal products.

Just hours after the European Union Council confirmed its ban, federal ministers announced that they would appeal the case to the World Trade Organization.

Fisheries Minister Gail Shea charged that well-funded special-interest groups have turned the tide of public opinion in Europe against the seal hunt — and used the controversy to financial advantage.

"This has become a cash cow for them," Shea said.

Yesterday, a majority of the 27 EU states voted to



Fisheries Minister Gail Shea pauses during a media conference yesterday with Trade Minister Stockwell Day in Ottawa.

ban seal products, while giving an exemption to products from "traditional" hunts by Inuit and other indigenous people "to ensure their subsistence."

Canada has taken the first step to appeal, saying it was seeking "consultations" with the WTO on the ban.

TORSTAR NEWS SERVICE

News in brief

STRIKE The city of Toronto has reached a tentative deal to settle a strike by outside civic workers that had halted garbage collection and other services for more than a month, union officials said yesterday. The union representing about 6,200 outdoor workers gave no details of the agreement, which must still be voted on by union members. A deal with a second striking union, which represents Toronto's indoor workers, including city-run daycares and building permit offices, is still pending.

REUTERS

WATER Despite water restrictions in Montrose, B.C., many homeowners are watering their lawns in the middle of the night in defiance of a municipal bylaw. Consequently, Selkirk Security has been contracted by the village to monitor residents between midnight and 6 a.m. With B.C. in the middle of a heat wave and water levels falling, water restrictions are being widely enforced.

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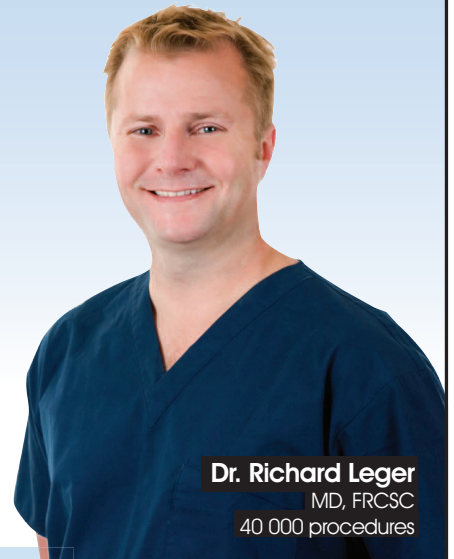
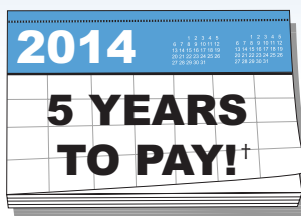
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Dillinger pistol fetches \$95,600 at auction

A small pistol belonging to 1930s gangster John Dillinger has been sold at auction to a private collector for \$95,600 US — more than double the pre-sale estimate, the auction house said. **REUTERS**

5

World



Flight grounded by coffee maker aroma

The electrical smell that caused a Southwest Airlines flight to make an unexpected landing Sunday was caused by a coffee maker in the back of the aircraft, a company spokesman said yesterday. The coffee maker was in the back galley of the Boeing 737. The flight from Connecticut to Orlando, carrying 131 passengers and 5 crew, was forced to land at Long Island LISP MacArthur Airport shortly before 8 a.m.

REUTERS

Protests in Iran to continue: Mousavi

ELECTION Iran's opposition leader Mirhossein Mousavi said yesterday the pro-reform protests which erupted after the country's disputed June presidential vote will continue, his website reported.

Moderate defeated candidates Mousavi and Mehdi Karubi on Sunday called on the authorities to permit a gathering on Thursday at Tehran's Grand Mosala, a prayer location where tens of thousands can gather, to commemorate unrest victims.

The June 12 vote plunged the country into its biggest internal crisis since the 1979 Islamic revolution and exposed deepening divisions in its ruling elite.

Mousavi, prime-minister in the '80s, said detentions could not halt the pro-reform movement.

REUTERS

U.S., China meet

The United States urged China yesterday to spend more at home and export less to help restore a sustainable pace of global growth, saying the two countries shared common ambitions despite their divisions.

Opening two days of bilateral talks, U.S. President Barack Obama said America and China need to overcome mutual wariness and deepen co-operation on everything from the global economic crisis to climate change and North Korea.

"Let's be honest: We know that some are wary of the future," Obama said, acknowledging the two countries would never see eye-to-eye on every issue.

"The relationship between the United States and China will shape the 21st century, which makes it as important as any bilateral relationship in the world,"

North Korea

• Obama said the U.S. and China "must continue our collaboration to achieve the denuclearization of the Korean peninsula and make it clear to North Korea that the path to security and respect can be traveled if they meet their obligations."

he said. The Obama administration has sought to tread gently on sensitive issues, although the president risked Beijing's displeasure by urging it to respect its ethnic and religious minorities.

"Just as we respect China's ancient culture and remarkable achievements, we also strongly believe that the religion and culture of all peoples must be respected and protected, and that all people should be free to speak their minds," he said.

REUTERS

France Sarkozy to ease up a bit



France's President Nicolas Sarkozy waves as he leaves a Paris hospital yesterday. Sarkozy will reduce his workload for a few days after spending Sunday night in the hospital after falling ill while running, due to a combination of physical effort and tiredness, but not any cardiac problems, his office said.

REUTERS

News in brief

U.K. British immigration workers have voted for a 48-hour strike over changes in work conditions, a union said yesterday, in a move that threatens to disrupt ports and airports during a holiday period. The earliest the strike could be held is Aug. 4 and 5, a spokesman for the Public and Commercial Services union said.

EXPLOSION At least seven Palestinians were killed when fuel exploded in a smuggling tunnel beneath the border between Egypt and the Gaza Strip, Palestinian officials in Gaza said yesterday. The accident was one of the worst on record in the dangerous and illicit Gaza tunnel network. Smuggling of all sorts of goods, from livestock to diesel oil, is both an essential and profitable enterprise for Gaza, an enclave blockaded by Israel, whose Islamist rulers Hamas are pledged to continue armed resistance to the Jewish state.

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Comment

This party will rankle prime minister

NationalReport



metronews.ca/nationalreport

Much to the aggravation of Stephen Harper, Brian Mulroney

won't go away. Mulroney and friends are planning a huge party in Montreal in September

to celebrate the 25th anniversary of their historic electoral triumph of 1984. That was the year the Progressive Conservatives won a record 211 seats.

Mulroney supporters were floating the idea of the big fete in the spring. It rankled Harper. He, we recall, had tried to make BM persona non grata in Conservative circles, owing to the controversy with Karlheinz Schreiber, which was recently detailed at the Oliphant inquiry. Harperites were hoping the rough ride Mulroney

got in those hearings would nix the notion of holding an event in his honour.

Not so. Not only will it go ahead, it will be one of the biggest bashes the party has held. An estimated 700 will attend. Big-time Tories will be out in full force.

The Broadway production will likely be interpreted as Mulroney hoisting his middle finger at Harper, demonstrating that he is still a force to be reckoned with, that it was a big mistake to try to os-

tracize him. In highlighting 1984, he will be reminding the PM of what constitutes a real electoral triumph. As in, "Your puny minorities hardly stack up to what we did, Stevo."

The mid-September bash will come right when the next election could be triggered, right when party unity is most important. The Harper team upped the ante in the Mulroney dispute a while back when it put out the word that he was no longer even a member of the party. It was a typical Harper tactic, the

likes of which we just saw at the G8 summit when he had to backtrack for making false accusations against Michael Ignatieff.

Given the Schreiber affair, it's been understandable that the PM has wanted to keep Mulroney at a distance. But to go to such an extent was uncalled for. Now he faces the likelihood that the anniversary gala will evolve into a disruptive party loyalty test.

With a show of generosity, Harper could avoid the trouble. All he has to do is support the event — put

out a statement saying that Mulroney made a serious error of judgment in respect to Schreiber, that he has apologized for it, but in no way should it take away from his great triumph in 1984. "Let's all celebrate it."

He could take that constructive course, but it's doubtful. As has been often demonstrated, the guy has a vampire's need to draw blood.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Aboriginal youth don't dare to dream



Laura Eggertson

It's not exaggerating to say Shawn Atleo, the new national chief of the Assembly of First Nations, carries to Ottawa the responsibility of improving the lives of the rising generation of young Aboriginals who could be one of Canada's greatest resources.

Among those Aboriginal youth are my daughters, 18 and 15, and, come October, my first granddaughter.

As their advocate with Ottawa part of Atleo's job is to

voice the hopes and dreams of young Aboriginals.

The problem, as my daughter Miranda tells me, is many young people living on reserves where she has recently lived don't dare to hope. "The native kids I know — they don't even have dreams," she says. "They just have to get through the day. They don't think about the future because it's the same thing every day."

Many First Nations youth Miranda has met during the last two years wake up wondering if there's enough food. Often, they awake to the aftermath of substance abuse or violence in their

FocusOn First Nations

communities. They may go to school; they may not. Boredom is constant; with few full-time jobs for adults, part-time jobs aren't even an option for most youth on reserves.

Miranda wants a different life for her daughter. She wants to give her a stable upbringing. She wants her to have access to an education. She hopes her daughter will dare to dream.

Most of all, my daughter hopes her daughter won't experience the inter-generational trauma Miranda suf-

fered, born of the residential school experiences of her family members.

Atleo can't do it alone. He needs a federal government receptive to his advocacy, and a Canadian population willing to improve the lives of our Aboriginal Peoples.

I hope the new leader, our politicians, and all Canadians are ready to assist the next generation of Aboriginal children and youth in creating opportunities.

For the sake of my granddaughter — and all the others.

Laura Eggertson is an award-winning freelance journalist based in Ottawa, and a former Nieman fellow at Harvard University.



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Galaxy fan has lifetime ban lifted

The Los Angeles Galaxy fan who jumped onto the field during an exchange between David Beckham and the crowd had his lifetime ban from the stadium lifted yesterday. **METRO NEWS SERVICES**

7

Sports

EDITOR: CHRIS.CLEMENTS@METRONews.CA



Nathan Green kisses the winner's trophy after winning the Canadian Open at Glen Abbey yesterday in Oakville, Ont.

Green's day at Open

Aussie golfer wins Canadian Open in playoff

Australian Nathan Green ended a gloomy week in brilliant style by beating South African Retief Goosen on the second hole of a sudden-death playoff to win the 100th Canadian Open yesterday.

After four days of torrential rain, thunderstorms and lightning forced the \$5.1-million tournament to a Monday finish, the skies finally cleared over Glen

Abbey where Green fended off a late challenge from twice-U.S. Open champion Goosen to claim his maiden PGA Tour win.

Goosen rolled in a 15-foot eagle putt on the last hole of regulation play to join Green at 18-under and put pressure firmly back on the 34-year-old Australian, who still had two to play.

Green, who twice birdied

and eagled the 18th in earlier rounds, could not hold his nerve and settled for par to send the tournament to a playoff.

Stephen Ames was the best of the Canadians, finishing in a tie for eighth six shots back, while former U.S. Masters champion Mike Weir bogeyed two of his final three holes to finish eight shots off the pace.

REUTERS

Mets fire VP after fight allegations

BASEBALL The New York Mets have fired Vice President for Player Development Tony Bernazard after several incidents involving incendiary behaviour.

Bernazard, 52, allegedly removed his shirt and challenged several Double-A players to a fight prior to the all-star break. He allegedly went after middle infielder Jose Coronado, according to the New York Daily News, after he accused players of underage drinking.

General manager Omar Minaya said in a press conference that, after an investigation led by the Mets' human resources department, he made the decision to fire Bernazard.

METRO NEWS SERVICES

NFL reinstates Michael Vick

FOOTBALL Quarterback Michael Vick has been reinstated to the NFL on a conditional basis and a decision on his return to action will come by the sixth week of the regular season, Commissioner Roger Goodell said yesterday.

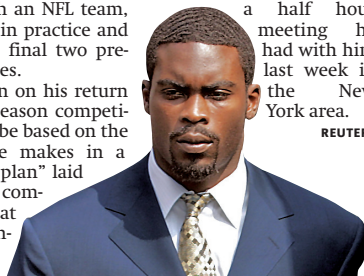
Vick, who completed a 23-month criminal sentence for bankrolling a dogfighting ring, was free to sign with an NFL team, participate in practice and play in the final two pre-season games.

A decision on his return to regular-season competition would be based on the progress he makes in a "transition plan" laid out by the commissioner at a news con-

ference. "I will decide within the first six weeks of the regular season when and whether he will be reinstated to play," Goodell told reporters.

Goodell said he would evaluate how Vick conducted himself in terms of court-mandated conditions and promises the former Pro Bowl quarterback made to him in a four and a half hour meeting he had with him last week in the New York area.

REUTERS



Michael Vick

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Atlanta police say former world champion boxer Vernon Forrest exchanged gunfire with robbery suspects before being shot to death. A police spokesman said yesterday that investigators believe between 20 and 24 shots were fired from two guns on Saturday. **METRO NEWS SERVICES**

New Coyotes bidders plan Canadian games

A group of businessmen wishing to buy the Phoenix Coyotes has a creative plan for the team to play five games each season in Canada, likely in either Saskatoon or Halifax, to help keep it financially viable in Arizona.

Friday was the deadline in Arizona bankruptcy court for bidders who wish to keep the Coyotes at their Glendale home to submit their formal bids. One bid, from Chicago Bulls and White Sox owner Jerry Reinsdorf, was submitted and worth up to \$148 million (all figures U.S.). Another group of Canadian and American businessmen, calling themselves Ice Edge Hold-

ings, submitted a "letter of intent" to buy the team. for \$150 million.

It has until Aug. 5 to get its bid on the table but is still raising capital. That day an auction will be held for bidders who wish to keep the team in Phoenix. If a bankruptcy judge rules that no bid is satisfactory for creditors, another auction will be held Sept. 10 for bidders, such as Jim Balsillie, who wish to move the team.

"Today we couldn't to it but that doesn't mean we

(can't get the bid completed) a week from now," said Ice Edge Holdings' spokesperson Daryl Jones, an Albertan.

"If we didn't think we could, we'd stop working on it. We're working on this day and night. It's an incredibly complicated situation."

Jones said his group's plan is to keep the Coyotes in Arizona but he said games in Canada would augment revenues for the team and bring NHL regular-season hockey to a part of Canada that would otherwise have no chance to see it.

TORSTAR NEWS SERVICE

The arenas

• Ice Edge has been in discussion with arena managers in Saskatoon and Halifax. No formal deal is in place but the group favours Saskatoon's

Credit Union Centre which is expanding its seating capacity for hockey to 14,750 from 11,300. The Halifax Metro Centre seats 10,500.

From YouTube to the Olympics?

MATTHEW WUEST
matthew.wuest@metronews.ca

ATHLETICS Literally billions of videos have been uploaded to YouTube through the years, but Justin Darlington may be the only uploader whose video gets him to the Olympics.

The Ajax, Ont., native made a name for himself on the Internet when he posted videos of his basketball slam-dunking artistry.

Blessed with an unheard of 50-inch vertical leap, the six-foot-four street-baller can put his head over the rim and pull off moves that make NBA stars look like amateurs.

High-jump coach Daniel St-Hilaire, based in Mon-

tréal, stumbled upon those same videos by fluke earlier this year when he typed in "slam dunk basketball" on YouTube.

"For five minutes, I was hypnotized," St-Hilaire said. "I froze in front of the video. I said, 'I need to talk to this guy.'"

"First, he showed me how high I would have to jump to get into the Olympics. I laughed at him."

Justin Darlington

The 21-year-old Darlington had spent two years travelling the world under the nickname 'Jus Fly,' putting on shows and entering dunk contests to earn a living. But when St-Hilaire asked via Facebook to meet him, things changed.

"I said, 'Why not? I'll hear what he has to say,'" recalled Darlington.

"First, he showed me how high I would have to jump to get into the

Olympics. I laughed at him."

But Darlington went along with St-Hilaire. After a couple of training sessions, he jumped 1.95 metres. After a couple more, he jumped 2.10 and placed fifth at nationals.

To put it in perspective, Canada's best high-jumper this year clears 2.25 and the Olympic standard is 2.30.

"In my 37 years in this sport, I've never seen a progression like that so quickly," raved St-Hilaire.

Darlington, a two-foot dunker who is still adjusting to the one-foot takeoff of the high jump, plans to stick with it.

"Why not?" Darlington said. "If I keep progress-

ing the way I am, this could easily take me to the Olympics."

The first step is to get government funding by jumping 2.17 three times by October.

It's a tough task, but he barely missed 2.15 at nationals and is getting better by the day.

"If he gets that, it would be the first time in the history of Canadian sport that a guy with so little training gets the carding minimum," St-Hilaire said. "He has unlimited potential."

SCOREBOARD

MLB

AMERICAN LEAGUE

YESTERDAY

Boston 8 Oakland 3
Kansas City 5 Baltimore 3
Minnesota 4 White Sox 3
N.Y. Yankees 11 Tampa Bay 4
Texas 5 Detroit 2

Cleveland at L.A. Angels
Toronto at Seattle

TODAY

Toronto at Seattle
Kansas City at Baltimore
N.Y. Yankees at Tampa Bay
Oakland at Boston
Detroit at Texas
Chicago W Sox at Minnesota
Cleveland at L.A. Angels

NATIONAL LEAGUE

YESTERDAY

Atlanta at Florida
Colorado at N.Y. Mets
San Diego at Cincinnati
Houston at Chicago Cubs
Washington at Milwaukee
L.A. Dodgers at St. Louis
Philadelphia at Arizona
Pittsburgh at San Francisco

CFL

THURSDAY

Montreal at EDMONTON

FRIDAY

B.C. at Hamilton

SATURDAY

Winnipeg at Toronto
Saskatchewan at Calgary

MLS

TOMORROW

All-Star Game
At Sandy, Utah

Everton FC vs. MLS All-stars

SATURDAY

Toronto FC at New England
D.C. United at Houston
Kansas City at FC Dallas
Real Salt Lake at Chicago
Columbus at Colorado

Tour winner has no love for Lance

Tour de France winner Alberto Contador found the time he spent off the road with Astana teammate Lance Armstrong tougher than the race itself, the Spaniard said yesterday. "My relationship with Lance Armstrong is zero," Contador told a news conference, where he was given a hero's welcome. **METRO NEWS SERVICES**

sports **9**

Nolan's story one of perseverance

RICHARD WOODBURY
for Metro Canada



Ted Nolan's first pair of hockey skates were size six, but his feet were size three.

This was just one challenge the former

NHL player and coach faced during his upbringing on the Garden River Ojibwa First Nations Reserve, just outside of Sault Ste. Marie, Ont.

"I still get shivers in my spine when I speak to kids at schools about going to school when you're hungry, coming home and there's not too much food in the fridge, not having electricity, bathing in a tub in the wintertime and going to out-

door toilets until you're 17 years old. It was very tough."

But he wouldn't change anything about it, he says. Nolan remembers the good times of traditional pow-wow dancing and drumming, as well as hunting and fishing.

He is currently the vice president of hockey operations for the AHL's Rochester Americans.



Ted Nolan

Despite having only played house league growing up, Nolan went on to play junior hockey for the Sault Ste. Marie Greyhounds. It was the first time he encountered racism.

"I still remember crying myself to sleep night after night for the first two months I was there, wondering why people would treat people from a different race

that hateful. What did we do so wrong?"

But he didn't quit. Never giving up is a message Nolan has always preached.

"Believe in yourself and work. Don't just believe, you also have to work and persevere. If it doesn't work one way, then find another way. I always believed will beats out skill."

Beside motivational speaking, Nolan also gives back through his foundation. He started the Ted Nolan Foundation as a way of

FocusOn FirstNations

paying tribute to his mother. She was killed by a drunk driver in 1981.

"It took me almost 10 years to even discuss it," he says.

The Foundation became a registered charity in 2004, but started as a golf tournament in the late 90s. The Foundation provides scholarships for First Nations women to pursue post-secondary education.

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Massa recovering from life-threatening injuries

FERRARI Injured Formula One driver Felipe Massa has been brought out of an artificial coma, was taken off a respirator and has been able to communicate with his doctors and family representatives, his doctors said yesterday.

"His condition has improved significantly over the past 24 hours and he remains stable," Lajos Zsiris, the chief surgeon of Hungary's defence

forces told a news conference. "We have ended sedation and took him off the respirator."

"He's sleepy, but has been able to reply to questions and has been able to move his limbs adequately."

Brazilian Massa fractured his skull in an accident during qualifying for the Hungarian Grand Prix on Saturday when he was hit just above his left eye

by a bouncing spring, weighing almost a kilogram, that broke free from compatriot Rubens Barrichello's Brawn car.

Doctors said Massa, last year's championship runner-up, may have also suffered an eye injury, but could not yet tell the extent of any possible damage.

Dino Altmann, Massa's personal physician, said the Brazilian's condition

was reassuring.

"He's awake, he has been answering questions, he has been asking what has happened to him," Altmann said on the sidelines of the news conference.

Altmann said the Massa family is happy with the care the injured driver was receiving at the military hospital AEK and moving him was not currently on the agenda.

REUTERS

Sports in brief

BURRESS Manhattan's district attorney says he wants former Giants wide receiver Plaxico Burress to serve time in prison, the New York Post reported yesterday. Robert Morgenthau told the newspaper that Burress, who shot himself with an unlicensed gun in November, was willing to agree to spend a year in jail, but prosecutors insisted on two.

BASEBALL Cleveland Indians manager Eric Wedge and pitcher Winston Abreu were suspended and fined yesterday

after the reliever plunked a Seattle hitter over the weekend. Abreu received a three-game ban less than a month after he was traded to the Indians and Wedge was suspended for one game. Neither opted to appeal the ruling.





SOCCER Canadian goalkeeper Pat Onstad has pulled out of tomorrow MLS all-star game because of a strained back. He will be replaced by Zach Thornton of Chivas USA.

METRO NEWS SERVICES

U.S. bank shares rose yesterday after a surprisingly large increase in U.S. new home sales and positive analyst comments increased investor optimism that the worst may be over for the troubled sector. Commerce Department data showed an 11 per cent increase in home sales in June, the biggest gain in eight years, to a still low 384,000 annualized pace. **REUTERS**

Spike in U.S. new home sales fuels optimism

Business

DOLLAR	GAS	OIL	TSX
 US 92.50¢ US 0.16¢	 US \$3.582 US 11.3¢	 US \$68.38 US 33¢	 10,757.43 69.53

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Ericsson sees robust margin at Nortel unit

Telecom equipment maker Ericsson said yesterday it expected the wireless assets to be acquired from Nortel Networks Corp to produce a double-digit operating margin this year.

The deal, expected to close in the third quarter, will generate synergies in

sales, services and research and development, said Ericsson chief financial officer Hans Vestberg during a conference call.

Vestberg, who is due to become chief executive at the turn of the year, said he agreed that the wireless acquisition could show an

operating margin of more than 10 per cent this year.

The Swedish company said on the weekend it had won an auction to buy the wireless assets of Nortel in a \$1.13 billion US deal.

The company beat two other bidders — its smaller rival Nokia Siemens Net-

Within a year

- Ericsson said it expected the Nortel transaction to have a positive effect on its earnings within a year of closing the deal.

works and private equity

firm MatlinPatterson.

Research In Motion, the Canadian company that makes the BlackBerry smartphone, was also chasing a deal for the Nortel technology but has said Nortel effectively blocked its approach, valued at \$1.1 billion US.

Nortel said RIM had refused to comply with confidentiality provisions that other bidders had agreed to follow.

RIM is expected to use a bankruptcy court hearing today to voice its objections about the bidding process. **REUTERS**

Financials boost TSX amid hopes for recovery

STOCKS Toronto's main stock index moved higher for a third straight session yesterday, helped by economic recovery hopes that lifted the financial group.

Similar to Friday's session, financials were responsible for propping up the TSX index — with a healthy 2.23 per cent gain — while six of the other main sectors fell.

Steady optimism triggered last week by the Bank of Canada's declaration that the recession was

over has buoyed the financial sector, which has risen nearly seven percent since the rosier outlook was announced. Eight of the 10 most influential gainers were from the financial group. Insurers were among the biggest winners, with Manulife Financial up 5.72 per cent at \$26.05, while Sun Life rose 8.79 per cent to \$37.98.

"It's primarily the financials ... the oils and the materials seem to have faded on us here." John Kinsey, Caldwell Securities

The heavyweights group eked out a 0.17 per cent gain as prices rose amid strong U.S. home sales data.

REUTERS



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Japan Charge!



A Nissan employee demonstrates the charging system for the company's new electric vehicle yesterday in Yokosuka, south of Tokyo. Nissan will unveil the vehicle's interior design Aug. 2.

Opel workers demand more say in choosing new investor

AUTO Opel's labour force demanded a greater say in selecting a future investor for the German carmaker and called on former parent General Motors to forgo any right to buy back a stake at a later point.

Labour leaders also threatened not to help cut costs at the troubled auto maker unless they had

more involvement.

"(Such) an investment by the employees is linked to clear prerequisites and demands," labour leaders said in a statement from all four works council chairmen in Germany, two regional IG Metall union leaders and three other labour representatives.

REUTERS

Business in brief

OIL Canadian Oil Sands Trust, which holds the biggest stake in Syncrude Canada Ltd., said yesterday its second-quarter profit tumbled 90 per cent as oil prices sank and output fell due to maintenance at the

world's biggest oil sands venture. But expectations of better production performance in the second half of 2009 prompted the trust to raise its quarterly distribution by 10 cents a unit to 25 cents, it said. **REUTERS**

business 11

Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Budget before you get the baby bump

Alison On Money

Alison Griffiths

metronews.ca/alisononmoney

I am seeing babies and big bellies everywhere. On Saturday at my local farmer's market I constantly negotiate with one or the other between basil, beets and blueberries.

And since such markets tend to be intimate affairs I can't help overhearing the conversations of parents-to-be chatting with new moms and dads.

A frequent comment goes something like this. "We're excited but a little concerned about managing on my mat leave pay." As I cast my eye to the nearly full term tummy I'm thinking: Uh oh, a little late to start worrying.

The best way to prepare for maternity leave pay is to try it out long before the joyous day arrives. If you get in the habit of spending less to accommodate a lower income, you won't find it as much a hardship later on.

Start with the budget template on my site, alisongriffiths.ca. For income, use mom's mat pay (assuming it is mom who

will be on leave) together with the partner's take-home income.

Don't forget to increase existing take home to factor in the additional tax deduction of a new dependent.

As you fill out expenses you will quickly see where you need to cut back in order to keep the bottom line a healthy black.

Of course, with two full-time incomes currently you should now have a surplus! Stash it in a baby account to be used for emergencies during maternity leave. On the other hand, if you are laden with debt,

devote the surplus to paying it down.

With a number of months of boosted payments you can make a big dent in what you owe. Lower debt means lower stress for new parents.

The discipline of living on a "baby budget" in advance also offers you some post-mat leave flexibility.

If one parent decides to stay at home or work part-time you have a greater chance of making it happen if the habit of spending less is well ingrained.

Alison Griffiths is a financial journalist, author and host of Moxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

Alison's Money Rule:

- If a new family is in your future, prepare for it financially before the wee one is even a sparkle in Dad's eye by living on a baby budget.

HOW MUCH MORTGAGE/HOUSE DOES \$1,200/MONTH IN RENT BUY YOU?

A mortgage expert with over 30-years of lending experience answers some of the most common questions about mortgage financing.

by Mel Valerio, Broker/Owner
Mortgage Innovations Inc.

I pay \$1,200/month in rent. If I bought a house or condo, how much mortgage does that get me and what kind of property?

Many people are already paying the equivalent of a mortgage payment in rent every month. They want to start gaining their own equity.

Every situation is different, but in this article we'll look at two scenarios.

The following is what a \$1,200 mortgage payment buys you with various purchase prices and a 35-year amortization. In this situation, we'll assume a 5% downpayment.

#1 Purchase price: \$280,000
Mortgage Amt: \$266,000
Interest rate: 4.19% - fixed rate, 35-year amortization
- In today's market, this purchase price buys you a nice condo or an older home in Edmonton.

#2 Purchase price: \$352,000
Mortgage Amt: \$335,000
Interest rate: 2.52% - variable rate, 35-year amortization
- In today's market, this purchase price buys you a more upscale condo with nice amenities, a remodelled older home, or smaller new home in Edmonton.

As you can see, \$1,200 month buys you quite a lot of mortgage. For many of our clients, this means getting out of the rental market, and into owning their own home. Please call us; we can help you buy your own home too..

*(These numbers also do not take into account any condo fees, taxes or mortgage insurance premiums)

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Each week we will answer a different mortgage question in the Metro. Keep asking!

Car Insurance Myth #4:

If I have tickets or accidents, I will always pay a lot for car insurance.

Truth:

There are some drivers with tickets or accidents that are actually paying **LESS** than drivers with clean driving records. Certain insurance companies target this type of risk and have competitive rates. The trick is finding those companies.

How Can This Be?

Meet Joe and Larry, who are brothers. Joe was paying \$2,345 for his car insurance and Larry was paying \$1,767. Both are identical twins, live in the same city and drive similar cars, but Larry has two tickets and an accident, and yet he is paying a lower premium. How can this be?

One of the reasons is that Larry shopped around for his car insurance and found a company with competitive rates for his driving profile, whereas Joe wrongly assumed the rate he had with his insurance company was as low as he was going to find by looking around.

There are many, many cases just like this where users with clean driving records are paying more than another, similar driver with tickets and accidents.

How Do I Get The Best Rates?

The single best way to ensure that you are getting the best rate on your car insurance is to shop around.

The rates charged by different insurance companies to insure the same driver, with the same car, for the same coverage, can vary by hundreds and even thousands of dollars. Take a look at the table below.

The key to finding the best rate for you is to figure out which insurance company can offer the best rate for your driving profile. Chances are you are not insured with the company that offers the best rate for you right now. But finding the best rate on your own can be time consuming, right? Wrong. This is where InsuranceHotline.com can help.

InsuranceHotline.com offers an independent, unbiased rate comparison from over 30 top insurance companies in Canada to find you the lowest rate for your profile and then connects you with a broker or agent to seal the deal. It's Fast, Safe and FREE.

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So, if you are keen to save big on car insurance, why not give InsuranceHotline.com a try?

RATE COMPARISON				InsuranceHotline.com finds this rate for drivers!	
Driving Record	Lowest Price	Highest Price	Price Difference	\$5,000	\$4,000
Clean Record	\$958	\$2,213	\$1,255	\$3,000	\$2,000
1 Ticket	\$1,018	\$2,552	\$1,534	\$1,000	
1 Accident	\$1,849	\$3,753	\$1,904		

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Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Breaking down communication

The J Spot

Josey Vogels

metronews.ca/thejspot

You want to talk about it. He would rather stick a hot poker in his eye. You keep prodding. He leaves the room.

According to a new study in the June 2009 edition of the journal *Personal Relationships*, this kind of "demand-withdraw" communication is depressing, literally.

In relationships where a pattern develops when one spouse wants to continue discussing a marital disagreement even after the other spouse has tried to end the discussion by say, changing the topic or leaving



According to a new study, both men and women can be equally lousy communicators.

ing the room (usually with the other spouse not far behind, still yakking), the study found increased levels of depressive symptoms (increased sadness, fatigue, poor sleeping and eating behaviours).

Interestingly, however, contrary to the stereotype (one I've in fact perpetuated

ed with the above example), it's not always the woman pursuing and the man distancing.

According to the study's findings, when it comes to "demand-withdraw" communication within their relationship, husbands and wives both reported that they and their spouse took on the "demander role" and "withdrawer role" equally.

In other words, both men and women can be equally lousy communicators.

Given the impact this kind of communication clearly has upon one's mental health, it's in any couple's interest to invest some time in improving their communication style.

One of the best exercises I've ever encountered to help couples improve their communication is something called "mirroring." It's a bit like that telephone game you played at birthday parties as a kid. One partner says something to the other, and the other repeats it back and then asks if they got it right. If he or she didn't, the first partner clarifies what they said, and you repeat the exercise until the first partner is satisfied that the second partner has clearly understood.

In this way, instead of pushing each other's buttons, you're both listening and feeling heard — in other words, communicating.

Read more Metro online today. metronews.ca

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7. Resveratrol showed anti influenza (flu) activity.
8. Resveratrol has a **protective influence on the prostate gland**.
9. Resveratrol **stimulates anti-aging enzymes**.
10. Resveratrol **protects nerves and brain function**.



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Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Bloom to skip future Pirates movies

Orlando Bloom is bowing out of any future Pirates of the Caribbean sequels to spend more time with his girlfriend, Victoria's Secret model Miranda Kerr. "Orlando loved the films but thinks it's time to bow out," a source tells News of the World. **METRO NEWS SERVICES**

Entertainment

EDITOR: DEAN.LISK@METRONWS.CA

The best of Incubus

Monuments And Melodies a collection of hits and rarities

KEITH CARMAN
for Metro Canada

Controversy sells. With many bands lacking musical integrity these days, that's the principle thrust behind pushing albums off of store shelves. The more spotlight you can bring to a musician's personal life or public misdemeanours, the more cash it generates for label pockets.

Occasionally though, some bands still sell music based on merit. This is the case with Calabasas, Calif.-based alternative rockers Incubus. Spreading their metal/modestly hip-hop-influenced attack for almost 20 years, the band comprised of vocalist/gui-

tarist Brandon Boyd, guitarist Mike Einziger, drummer Jose Pasillas II, bassist Ben Kenney and turntables/sampler Chris Kilmore are hot for their sounds, not their sensationalism.

Case in point: Latest effort, the double-disc package *Monuments And Melodies* (Epic) entered the world at No. 5 on the Billboard 200 chart. And when was the last time you heard about a fracas in the Incubus camp?

Well, you haven't. Initially calling a temporary hiatus on the band in 2008 to explore personal ventures, less than a year later, the outfit is already back with a greatest hits affair. After 20 years, most bands are itching to get away from

each other. For Incubus though, they were going nuts without one another.

"A year for us is almost too much," Boyd admits of the downtime. "We missed each other. We're individuals but we've been so close over 18 years, to take a year away feels like four. This is why we're here on Earth — to make music. We can take breaks, but we can't stay away for long."

Getting the wheels rolling, the band jumped into forging *Monuments And Melodies*, a means of respecting obligations to their label/artist relationship, but also to shake off the stagnancy of their creative juices while gearing up to work on a seventh full-length due in 2010.

Aspiring to escape typical greatest hits trappings — simply pilfering from previously released material — Incubus worked diligently to create something different, resulting in two discs, one featuring the band's 13 most popular tunes and a second, more introspective effort compiling rarities, B-sides, soundtrack cuts, alternate song versions, three previously unreleased songs and a cover Prince's *Let's Go Crazy*.

"We knew what was going on the record," notes Boyd. "The hard part was deciding if it was the right time to do it and if so, how were we going to do it? Our audience is web-savvy and have created their own playlists a long time ago.



Harris picks Ed

Vancouver resident Jillian Harris chose technology consultant Ed Swiderski over business developer Kiptyn Locke in last night's finale of *The Bachelorette*.

METRO NEWS SERVICES



Monuments And Melodies, a two-disc compilation album by alt-rock act Incubus, was released last month.

It's beyond redundant to put out a greatest hits record that it's almost comical for a band to turn in a sequenced album of songs that everyone al-

ready has in this day and age. That's just repackaging the bread and selling it again. We wanted it to be worth peoples' time to get out there and steal it."

DVD picks

Fast & Furious

Director: Justin Lin

IT'S VA-ROOM déjà vu for Vin Diesel and the gang, reunited for the implausible fourth in a series of gas-guzzling movies. Diesel, Paul Walker, Michelle Rodriguez and Jordana Brewster spin their wheels to a maddening degree. Director Justin Lin and screenwriter Chris Morgan, who last teamed for *The Fast and the Furious: Tokyo Drift*, waste precious momentum on re-connecting Diesel's Dom and his tough-chick girlfriend Letty (Rodriguez) with rogue FBI guy Brian (Walker) and his jilted gal Mia (Brewster). Add to this a ho-hum tale of drug smuggling and heartbreak payback, and you could probably play a few games of *Grand Theft Auto* while waiting for it all to get into gear. When the rubber hits the road, shots are so CGI heavy and the editing so choppy as to render the results both ludicrous and incomprehensible.

Peter Howell/for Metro Canada

ED	C	B	S	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
7/28/09	2	CFRN	239 318	Corner Gas	Hollywood	Law & Order: SVU	CSI: NY	Criminal Minds (HDTV)	News			
	3	KHQ	- 370	News (N)	Be-Millionaire	Jeopardy!	Wheel-Fortune	America's Got Talent	America's Got Talent (N)	Law/Ord SVU		
	4	CBXT	- 307	Coronation St.	Jeopardy!	Rick Mercer	22 Minutes	Being Erica (DVS)	CBC News: The National	The Hour		
	6	KREM	- 372	News	Hollywood	The Doctors		NCIS "Knockout" (HDTV)	Big Brother 11 (N)	Medium		
	7	CKEM	241 347	Law & Order: SVU		The Bachelorette (N)		NCIS "Knockout" (HDTV)	More to Love (N)	Your City		
	8	CITV	240 339	ET Canada	Entertainment	NCIS "Recoil"		NCIS "Knockout" (HDTV)	Big Brother 11 (N)	News Hour		
	11	OMNI	-	Two/Half Men	The Simpsons	News		News	The Simpsons	King	Metropia	
	13	KXLY	- 371	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	The Superstars (Season Finale) (N)	Better Off Ted	Bachelorette		
	16	KAYU	- 373	The Simpsons	Raymond	Two/Half Men	Two/Half Men	Inside Hollywood	More to Love (N)	News		
	19	CHTV	-	The Insider (N)	El News	Ruby	Ruby	Nova scienceNOW (N)	Better Off Ted	Better Off Ted	CHCA News	
news	22	KSPS	- 374	NewsHour With Jim Lehrer		Nova (HDTV) (DVS)		Nova scienceNOW (N)	Wild! "Predator Bay" (DVS)	Appalachia		
	24	WTVS	- 364	Nova scienceNOW (N)		Weapon-WW II	Weapon-WW II	Keeping Up	Being Served	Tavis Smiley	Charlie Rose (N)	
	15	CBNC	502	CBC News: The National		The Third Sex		CBC News: The National		CBC News: The National	The Third Sex	
	21	TWN	505 398	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	27	CNN	500 500	Larry King Live (N)		Anderson Cooper 360 (HDTV)		Larry King Live		Cooper 360		
	44	CTVN	501 391	CTV News Tonight		News	CTV News	News	CTV News	News	CTV News	
	70	BNN	504 508	Taking Stock		Market Call		Market Call	Commodities	Business News	Taking Stock	
	20	TSN	400 400	2008 World Series of Poker		SportsCentre (HDTV) (Live)		In This Corner	Boxing: Maidana vs. Ortiz	Tyson's Hits		
	23	net	408 418	MLB Baseball		MLB Baseball Toronto Blue Jays at Seattle Mariners. From Safeco Field in Seattle.		Pimp My Ride	Pimp My Ride	Pimp My Ride	SportsNet Con.	
	47	SPEED	417 406	Super Bikes!	Super Bikes!	Jacked!	Jacked!	Pimp My Ride	Final Score	Final Score	Final Score	
sports	94	SCORE	410 403	World Poker Crown		Soccer: Asia Trophy -- West Ham vs. Tottenham		Final Score	Final Score	Final Score	Final Score	
	9	EDACC	267 351	Alberta Primetime (Live)		Cupid		Monk (N)	America's Got Talent (N)	Primetime		
	14	YTV	552 543	iCarly	iCarly	Drake & Josh	Prank Patrol	Malcolm-Mid.	Futurama	Family Biz	Prank Patrol	Falcon Beach
	17	TREE	553 546	Little Bear	Maggie-Beast	Big Comedy	Zigby	Max & Ruby	Babar	Backyardigans	Ni Hao, Kai-Lan	Go, Diego, Go!
	42	TOON	555 545	Ben 10	Johnny Test	Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Robot Chicken
	45	FAM	557 541	Zoeys 101	Life Derek	Wizards-Place	Han, Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School
	-	TVA	121 714	TVA 18 heures	Sucre-salé	Qui perd gagne (SC)		Fort Boyard (SC)		Nos étés (SC)		TVA 22 heures
	-	CMT	575 583	Reba		Hope & Faith	Hope & Faith	Cheerleaders	Cheerleaders	Home Improve.	Home Improve.	Reba
	25	A&E	615 520	The First 48 (HDTV) (N)		The Cleaner (HDTV) (N)		The Cleaner (HDTV)		The First 48 (HDTV)		The First 48
	26	MMM	571 581	I'm a Celebrity, Get Me Out.		Entourage	Gene Simmons	The Daily Fix		I'm a Celebrity, Get Me Out.		Entourage
family	29	FOD	603 561	Hell's Kitchen		Good Eats	Good Eats	Iron Chef America		Unwrapped		Hell's Kitchen
	31	SHOW	617 522	Trailer Park	Trailer Park	The Outer Limits		Painkiller Jane		Every Second Counts (2008, Drama)		
	32	DISC	520 505	Against the Elements (N)		Deadliest Catch (N)		Daily Planet		Against the Elements		Deadliest
	33	SLICE	601 562	Rich Bride, Poor Bride		Rich Bride, Poor Bride		ET Canada	Til Debt-Part	Real Housewives OC		Trading Sp
	34	W	602 567	Style by Jury	Style by Jury	Style by Jury	Friends	House	Style by Jury	Style by Jury		Come Dance
	35	TLC	521 560	18 Kids-Count	18 Kids-Count	Little Couple	Little Couple	18 Kids-Count	18 Kids-Count	Little Couple	Little Couple	Moving Up
	36	BRAVO	569 523	Saturday Night Divas		Freddie Mercury		Law & Order		Without a Trace		Who Is Cletis
	38	SPICE	628 584	Ways to Die	Ways to Die	Ways to Die	MANswers	MANswers	MANswers	CSI: Crime Scene Invstgn.		Amazing Video
	40	HIT	522 506	To Build a Nation		NCIS "Sharif Returns"		Nuclear Sharks		Last Words		AX Men
	41	COM	626 547	Laughs	Comedy Now	Air Farce	22 Minutes	22 Minutes	Corner Gas	The Simpsons	South Park	Hot Box (N)
cable variety	43	SPACE	627 528	Torchwood		Ghost Hunters		Stargate SG-1 (DVS)		Star Trek: Next Gener.		Trek: Voyager
	44	WPCH	629 650	Deep Impact ** (1998, Drama)	Robert Duvall, Tea Leoni, Elijah Wood.			Seinfeld		Deep Impact ** (1998, Drama)		
	46	OLN	411 457	Survivorman		Ghost Hunters		Dog the Bounty Hunter		Survivorman		Ghost Hunters
	48	TROP	619 525	North of 60		Power Play "The Mask"		Tube Tales		Seinfeld	Raymond	Family Guy
	50	STAR	621 527	Look-A-Like	Look-A-Like	Tonight Show-Conan O'Brien		TMZ	Living the Life	Girl Next Door	Girl Next Door	Ellen Show
	52	HGTV	600 564	SarahCottage	Genevieve	House Hunters		Holmes on Homes		Girl Next Door	Genevieve	HGTV's Top 10
	65	TLN	700 800	Ma Il Portiere non C'e Mai?		Raymond	Raymond	George Lopez	George Lopez	The Sopranos (SS)		Pagado
	92	APTN	269 530	Wings-Canada	Tears	Chiefs-Champ		From the Spirit	New Canoe	The Rez	Short Cuts	Moccasin Flats
	93	VISION	261 394	Quantum Leap		5 Seekers	Search	Poltergeist: The Legacy		Calendar Girl (1993, Romance-Comedy)		
	100	MTV	581 566	16 and Pregnant "Maci"		Daddy's Girls	Daddy's Girls	MTV Live	Live W Lauren	Super Sweet	Super Sweet	Daddy's Girls
cable variety	101	MM	570 590	Greek		Video on Trial		disBand	One Tree Hill	Greek		MuchVibe
	102	CPAC	512 596	(6:30) Primetime Politics		Revue		Question Period		Prime-Politics	Primetime Politics	
	103	VIVA	526 507	The Closer "Dumb Luck"		Encounters		Psychic Inv.	Encounters	Judging Amy		Missing
	106	RDI	126 730	Le Téléjournal (SC)		RDI en direct		Le Téléjournal (SC)		24 Heures en 60 minutes		Le Téléjournal
	161	SUPER		Wedding Daze (2006, Romance-Comedy)		Hidden Camera (2007, Suspense)				(10:15) The Counterfeiters (2007)		

critics'corner

Dog the Bounty Hunter

In this episode, Duane "Dog" Chapman has his heart squeezed by his latest target: Mona Lisa. Dog's Mona Lisa is a young woman whose lifestyle has gotten her into some hot water. Since his own daughter Barbara recently died in a high-speed car accident, Dog is determined not to let Mona ruin her life. 3 PM on OLN



NCIS

Not all the sparring is in the ring as NCIS Director Leon Vance "borrows" Gibbs' team for an investigation of his own into the murder of a boxer who was a friend, prompting Gibbs to dig for more information on Vance's past in "Knockout." 9 PM on KREM CITY

More to Love

Luke Conley, 26, a college football player-turned-subcontractor and real estate investor, is a husky guy seeking romance with a full-figured woman comfortable in her own skin. Will he find her? With 20 voluptuous ladies vying for his attention, he's bound to have fun trying. 10 PM on CKEM KAYU



Robert Pattinson would never consider showing off his musical talents at an open mike night, because he's too shy. The British actor is a keen guitar and piano player and even writes his own songs, two of which appeared on the Twilight soundtrack. **METRO NEWS SERVICES**

Rob doesn't seek musical spotlight

Celebrity Buzz

The Jackson-Hilton connection

CELEBRITY CONNECTIONS Paris Hilton insists that she was the inspiration for the name of Michael Jackson's daughter.

"My mom and Michael went to high school together and they were best friends since they were 13," Hilton told Extra. "So I grew up knowing



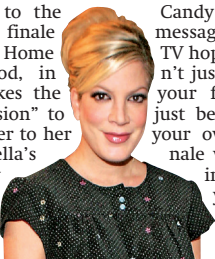
METRO WORLD NEWS

Michael very well and when he had his daughter, he always loved the name Paris and grew up being an uncle to me. So he asked my mom if it was OK and, of course, she said yes. "I think Paris is such a beautiful little girl and I'm proud we have the same name."

Spelling pair feuding again

BEEF Long-feuding mother Candy Spelling and daughter Tori Spelling are at it again, people.com reports.

In an open letter from Candy, 63, to Tori, 36, published Sunday by TMZ.com, the elder Spelling reacts to the two-part season finale of *Tori & Dean: Home Sweet Hollywood*, in which Tori makes the "agonizing decision" to invite her mother to her daughter Stella's first birthday party — a gathering Candy did not attend.



METRO NEWS SERVICES

"A big party wasn't how I envisioned meeting my granddaughter for the first time; but, hey, this is Hollywood, and my grandchildren have become reality show props, too," she wrote.

Candy also has a message for reality TV hopefuls: "Life isn't just a show. And your families can't just be props. Make your own season finale without creating conflicts you will regret later."

MJ friend, not father: Omer

CLARIFICATION Omer Bhatti is not Michael Jackson's secret son, femalefirst.co.uk reports.

The 25-year-old Norwegian dancer — who lived with the late pop star at his Neverland ranch for eight years — has reportedly denied all rumours he was Jackson's biological child and says the pair were just "best friends."

According to Britain's Sunday



Mirror newspaper, he told a pal: "Michael is not my father. He and I were very, very close. He was my best friend."

The performer was seated in the front row of the memorial concert held at the Los Angeles Staples Center on July 7, fuelling speculation he is related to the pop icon.

Jackson is believed

to have told friends in 2004 he was Bhatti's biological father after having a one-night stand with his mother, Pia, in 1984. But the dancer reportedly claims this is untrue.

He added to a friend: "Michael always used to say I was like a son to him. But my true parents are here in Norway. The reason why I was asked to sit with his family at the memorial service is because I was Michael's closest friend, not because I am his son." **METRO NEWS SERVICES**

What about your family, Michael?

GOOD POINT As Michael Lohan emerges as a new advisor to Jon Gosselin, sources tell People magazine that the Lohans wish he'd focus on his own family and pay the six months of child support they say he still owes — a debt Michael disputes.

"It's embarrassing, he's embarrassing," said a Lohan insider. "He's trying to get deals for Jon. Maybe

Jon can tell Michael to pay (ex-wife) Dina child support. He's now six months behind."

A second Lohan source confirmed what Dina is owed: "Over \$12,000 is due, and it's in the hands of collections now."



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Michael Lohan, however, denies the debt. "That's a total lie. I pay Dina and the kids cash all the time," he told People, adding, "This is typical of what Jon and I discussed about spouses being vindictive and destroying a relationship between a father and their children."

Ex Blake blabs about Amy's OD

TELL-ALL Now that he's split from Amy Winehouse, Blake Fielder-Civil is dishing on the wilder times in their marriage, including a night when Winehouse almost died of an overdose after a three-day drug binge.

"Her eyes suddenly went blank. She started having a fit on the bed. She slid down on to the floor before I could stop her," he told the Sun. "I thought she was dying in my arms." Fielder-Civil says even he pressured her to sober up: "She had everything going for her. But she ended up behaving badly just to shock. After a while that just becomes a bore. I wanted her to stop."

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GETTY IMAGES

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Thousands of Canadians are touched by ovarian cancer, including Olympic champion Elizabeth Manley, who lost her mother to this terrible disease. Help save lives and join us on the road to hope, in 14 communities across Canada, September 13th 2009.

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- Outstanding verbal and written communication skills, including proficiency with Internet and email
- A self-motivated desire to develop new business
- Some college education of relevant post-secondary training

To Apply:

Cover letter required. Please specifically state the position you are applying for and how your experience, skills/abilities, education and training match this position.

Please send your cover letter and resume by email to:

Chris Mackie, Advertising Sales Team Leader

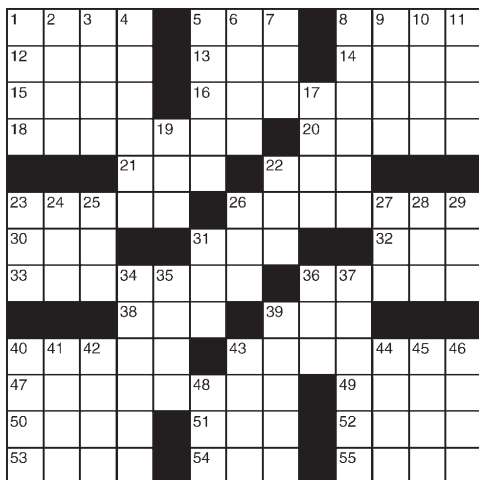
chris.mackie@metronews.ca

Subject: Sales Rep at METRO



Michele McDougall, Weather Specialist & Host - Breakfast Television

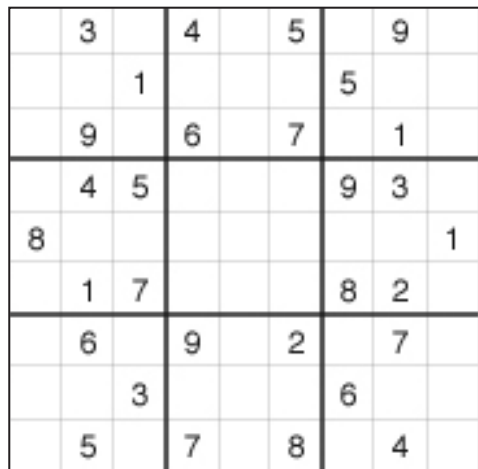
"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes!" **WEEKDAYS AT 6 A.M.**



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



ACROSS

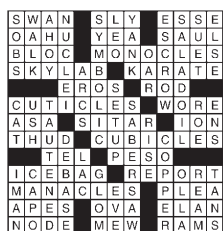
- 1 Recipe meas.
- 5 Salt Lake tribe
- 8 Sound of long-ing
- 12 Back
- 13 Gun toters' org.
- 14 Radius neighbour
- 15 Plankton component
- 16 Puns and such
- 18 Hefner magazine
- 20 Takes a break
- 21 A billion years
- 22 Scratch
- 23 Chic again
- 26 *NSYNC or Menudo
- 30 Raw rock
- 31 Chip accessory
- 32 Modern prefix
- 33 Exquisitely neat
- 36 Trust
- 38 Hearty brew
- 39 Unruly bunch
- 40 Extremist
- 43 Grandstand

- 47 Driver's protector
- 49 Hodgepodge
- 50 Wan
- 51 "Gosh!"
- 52 Discourteous
- 53 Raced
- 54 Hooter
- 55 Evidenced a wound

DOWN

- 1 Snare
- 2 Telephone inventor
- 3 Long story
- 4 Orison
- 5 Yet to be achieved
- 6 Helen's home
- 7 Listener
- 8 Excellent
- 9 Troubles
- 10 Summertime pest
- 11 Robert of "Air-planet!"
- 17 Wagon
- 19 Ghost's call
- 22 Swab the decks
- 23 Filch from
- 24 Historic time
- 25 Sawbuck
- 26 Jazz cornetist
- Beiderbecke
- 27 Blackbird
- 28 Butterfly catcher
- 29 Homer's interjection
- 31 Buck's mate
- 34 Moved quickly
- 35 Spill the beans
- 36 Henhouse threat
- 37 Soak up
- 39 Roadside stopover
- 40 Letter delivery grp.
- 41 Bound
- 42 Yarn
- 43 Huffed and puffed
- 44 Hebrew month
- 45 Staffer
- 46 Pigeon —
- 48 Id counterpart

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



On the web

Find more games to play + more cartoons by the Six Chix at metronews.ca



Metro Recipe of the Day



Beef and Beet Coleslaw Sandwich

INGREDIENTS:

- 1/3 cup (75 ml) light mayonnaise
- 1 tbsp (15 ml) wholegrain mustard
- 4 large whole wheat rolls
- 1 1/2 oz (50 g) watercress or arugula leaves
- 10 oz (300 g) lean rare roast beef, thinly sliced
- 7 oz (200 g) red cabbage, finely shredded
- 1 small red onion, thinly sliced
- 5 oz (150 g) cooked beets, peeled and coarsely grated
- 1/3 cup (75 ml) low-fat natural yogurt

METHOD:

1. In large bowl, mix mayonnaise and mustard. Split rolls in half and spread

- bottom half of each with this mayo and mustard mixture.
2. Top bases with watercress or arugula and divide slices of roast beef among them.
3. In same bowl as used for mayonnaise, make coleslaw by mixing red cabbage, red onion and beets. Add yogurt and stir to coat. Pile coleslaw on top of beef, season with freshly ground black pepper, then put tops of rolls back on. Serve immediately.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes by Sally Brompton

sallybrompton.com

ARIES

MARCH 21-APRIL 20

Others will want to do things for you today, and who are you to refuse a helping hand?



TAURUS

APRIL 21-MAY 21

If there is something you want today, something that only a particular person can give you, then come right out and say so.



LIBRA

SEPT 23-OCT 23

No matter how busy your schedule may be, you must make time for your friends and your family.



SCORPIO

OCT 24-NOV 22

A remark you toss into a conversation might not be meant seriously but someone will take it that way, so watch what you say.



GEMINI

MAY 22-JUNE 21

You will find it amazingly easy to express yourself, and as a result relationships generally, and affairs of the heart in particular, will go very well indeed.



SAGITTARIUS

NOV 23-DEC 21

Something will happen today that makes you wonder if there are things going on behind the scenes that you should know about.



CANCER

JUNE 22-JULY 22

Something you hear when you really should not have been listening will start a train of thought that leads you in some interesting directions.



CAPRICORN

DEC 22-JAN 20

Money matters and business issues are under favourable stars and there is reason for optimism as far as your wealth situation is concerned.



LEO

JULY 23-AUG 23

You seem to know what others are going to say before they actually put their thoughts into words, which is kind of creepy but useful too.



AQUARIUS

JAN 21-FEB 18

It might be best to make your excuses and leave if you find yourself being dragged into a dispute that really has nothing to do with you.



VIRGO

AUG 24-SEPT 22

You seem to have withdrawn into your shell a bit of late, which is understandable as the Sun is transiting the most sensitive area of your chart.



PISCES

FEB 19-MARCH 20

Find ways to get everyday chores out of the way quickly today. The best way, of course, is to get others to do the boring stuff for you.



This day in history

- JULY 28, 1942: World War II: Soviet leader Joseph Stalin issues Order No. 227 in response to alarming German advances into the Soviet Union. Under the order all those who retreat or otherwise leave their positions without orders to do so will be immediately executed.
- JULY 28, 1945: A U.S. Army B-25 bomber crashes into the 79th floor of the Empire State Building killing 14 and injuring 26.
- JULY 28, 1976: The Tangshan earthquake measuring between 7.8 and 8.2 moment magnitude flattens Tangshan, the People's Republic of China, killing 242,769 and injuring 164,851.

METRO NEWS SERVICES

WORDY GURDY®

BY TRICKY RICKY KANE

1. Salute a reading system for the blind (1)
2. Yours truly will smooth fingernails (1)
3. Actress Fonda's linked necklaces (1)
4. Tightly curled stair-walking toy (2)
5. Separates from actor Keanu (1)
6. Excessive pride for a sea cow (3)
7. Forty-winks catcher's candy coverings (2)

ANSWERS: 1. BRAILLE 2. IT FILE 3. JAMES CHAINS 4. KINKY SLINKY 5. LEAVES REEVES 6. MANATEE 7. NAPPERS 8. VIBRAPIERS

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Ask about our \$250
Red Lane® Spa Credit

EARN UP TO 5,000 BONUS AEROPLAN® MILES*

Jamaica via Toronto

**Sandals Grande Ocho Rios
Beach & Villa Golf Resort**
Luxury Included® Vacation
Riviera deluxe rm.
Sept. 1-30 • 1 wk.

\$1419
Taxes & fees: \$278
Please add \$50 for Sat. & Sun. departures

DEALS of the WEEK

Phoenix
Our newest destination
Save \$100
per person¹

Las Vegas Flamingo

Las Vegas • 3 1/2 ★
Deluxe rm.
Oct. 4, 18 & 25 • 4 nts.
2 for 1 show tickets & much more

\$399
Taxes & fees: \$177

Punta Cana via Toronto

**Occidental Grand
Punta Cana • 4 ★**
All-Inclusive • Junior suite
Sept. 5-27 • 1 wk.
Upgrade to Royal Club luxury rm.
for \$229 per person

\$759
Taxes & fees: \$327

Santa Clara via Calgary

**Barceló Cayo
Santa Maria • 4 ★**
All-Inclusive • Junior suite
Aug. 2-23 • 1 wk.

\$959
Taxes & fees: \$212

**Occidental Royal Hideaway
Ensenachos • 5 ★**
Supersaver royal spa rm.²
Aug. 2-23 • 1 wk.

\$1339
Taxes & fees: \$212

Puerto Vallarta via Calgary

**Dreams Villamagna
Nuevo Vallarta • 4 1/2 ★**
All-Inclusive
Junior suite tropical view
Nov. 7 - Dec. 12 • 1 wk.

\$1239
Taxes & fees: \$267

Cancun/Riviera Maya

**Occidental
Grand Xcaret • 4 1/2 ★**
All-Inclusive • Deluxe rm.
Dec. 24 • 1 wk.

\$1699
Taxes & fees: \$262

**Gran Bahia
Principe Tulum • 5 ★**
All-Inclusive • Standard rm.
Dec. 24 • 1 wk.

\$2349
Taxes & fees: \$262

DEAL to EUROPE

London

Barkston Gardens • 3 1/2 ★
Breakfast
Standard rm.
Sept. 27 & 28 • 1 wk.

\$1099
Taxes & fees: \$470

DEAL on CRUISES

Royal Caribbean International³

Adventure of the Seas®
Southern Caribbean
Flights to San Juan via Toronto
All meals included
Interior stateroom, cat. N
Dec. 20 • 1 wk.

\$1729
Taxes & fees: \$258

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